

Socialisation:

Ten suggestions for SENCOs (Special Educational Needs Coordinators) and Teachers to pass on to parents/carers in home management of children with ADHD

Be firm and establish clear ground rules, rituals and routines for meals, homework, computer/TV/phone and getting up and going to bed.

Accept absent mindedness which will often happen with children with ADHD. They will need numerous prompts and reminders to complete tasks and follow instructions. Develop visual aids, Post-it notes and or charts to reinforce the spoken word.

Support and encourage organisational weaknesses in terms of putting away clothes, shoes, sports equipment and materials for school.

Use simple language and short instructions. Children with ADHD find it difficult to process multiple requests quickly and accurately so keep to clear one concept commands. Maybe ask the child to repeat what you have said and speak at a slower rate if this is still not working.

Be patient and try not to sound irritated or frustrated when children are finding it difficult to relate to an event in a proper sequence. You may need to ask who, what, where and when questions to reinforce specific issues.

Try to teach turn taking as children with ADHD find it difficult to wait their turn in terms of a conversation or an activity. Using something to distract them may initially help in this process.

Establish good behaviour in public and do not wait until you get home to deal with inappropriate behaviour. Act as quickly and firmly as possible, otherwise the child with ADHD will not be able to relate to the incident after the lapse of time.

Talk to siblings about how ADHD may affect their sister or brother and why as a parent you may have to sometimes do something different. Try to explain to them why fairness is not giving everybody the same but it's giving everybody what they need.

Find a club or an activity that suits your children's strengths and interests. Children with ADHD can often find group activities difficult to master and supervisors may not always have the appropriate management skills. It may take a while to find the right club or activity for your child but don't give up. Also children with ADHD often get on better in terms of socialisation with younger and older children so perhaps find an activity across the age range.

Be a Mum or a Dad rather than a teacher especially when it comes to trying to tutor or teach your child with regards to schoolwork and/or homework. In most cases this may cause conflict between both sides and if there are problems with completion of tasks contact your child's tutor at school. This does not mean that parents cannot provide "secretarial" support in reading out difficult text and listening to developing readers and helping with questions; however, actual teaching or tutoring support often leads to strained relationships.